



# NEWSLETTER

Volunteers Building Strong, Healthy, and Prepared Communities

April 2013 Volume 5, Issue 1

## Funding Training and Travel

The North Central Idaho Medical Reserve Corps has once again received the Capacity Building Award from the National Association of County and City Health Officials (NACCHO)! The award is for \$4,000. In the past, this award has been instrumental in providing funding for MRC backpacks, administrative costs, travel for volunteer recruitment, marketing, and much more. This year funds will be used for similar projects and for additional trainings.

In February I was able to attend the Medical Reserve Corps Seasonal Leadership and Training Summit in Washington, D.C. thanks to a travel scholarship from NACCHO. It was a unique opportunity to meet with MRC leaders from throughout the country as well as MRC leaders at the national level. The Summit provided many opportunities to network with other MRC coordinators and learn from their unit's promising practices. A variety of workshops and trainings were offered. One workshop I attended was "Growing Leaders from Within". Due to the limited time and resources available to many MRC leaders throughout the country, an increasing amount of opportunities are becoming available for active MRC volunteers to take on leadership roles within the organization. This workshop focused primarily on empowering volunteers by providing opportunities for greater volunteer involvement and leadership. Other workshops focused on how to maintain a sustainable MRC unit and tools that can be used to guide and develop MRC planning. Overall, it was a great trip!

In January we had an MRC Orientation in Lewiston. Thank you to those volunteers who came to the MRC Orientation in January!

## Share your voice!

If you have ideas for how we can strengthen and build the North Central Idaho MRC unit or if you would just like to become more involved, this is for you. I am looking for input and ideas from MRC volunteers regarding our unit's events, trainings, planning efforts, and recruitment activities. Interested volunteers will be asked to meet together with other volunteers to share their ideas and provide feedback to facilitate planning efforts. This may include attending a meeting.

So if you are looking for an opportunity to let your voice be heard, this is it! Please contact me by **May 1st** if you are interested in becoming a more active participant in the North Central Idaho MRC.

### In this issue:

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## Upcoming Events

### Point of Dispensing (POD) Training 4/15/13

On Monday, April 15th there will be a MRC Point of Dispensing (POD) Training. PODs are locations where mass dispensing of a vaccine, antibiotic or other medication occurs. Public Health sets up PODs in order to prevent disease in individuals who may have been or may eventually be exposed to an infection, but are not yet sick. A POD could be set up during a pandemic flu, anthrax or other biological outbreak. During a real incident Public Health would rely heavily upon MRC volunteers to assist in staffing a POD. This training is open to all volunteers who would like to become more familiar with POD operations. During the training we will discuss the purpose of a POD and specific MRC roles at a POD. If you are planning on attending, please RSVP by Friday, April 12<sup>th</sup>.

### Seaport River Run First Aid Stations 4/27/2013

We are looking for six medical volunteers to staff three first aid stations at the Seaport River Run on Saturday, April 27<sup>th</sup>. The race begins at 10:00 AM. Volunteers would be needed for approximately 2 hours the day of race. Please call or email me as soon as possible if you are interested in volunteering.



### Public Health Point of Dispensing Exercise 5/01/13

Public Health—Idaho North Central District will be performing a full-scale Point of Dispensing exercise on Wednesday, May 1st from 10:00 AM–12:00 PM. It will be held at the Nez Perce County Fair Pavilion (1229 Burrell Ave. Lewiston, ID). The purpose of this exercise is to measure how quickly and accurately Public Health staff can dispense “medication” (actual medicine will not be dispensed). Volunteers are needed to play the role of fake patients. Being a fake patient entails walking through the POD, filling out a form and receiving “medication”. Free sub-sandwiches will be provided for all participants. This exercise is open to the public so invite family and friends!

**RSVP to Rachelle, MRC Coordinator,  
at (208) 799-0393 or  
mrc@phd2.idaho.gov.**



# Spring Into Action



This time of year offers many opportunities to stretch our limbs, breathe fresh air, and enjoy the great outdoors. Preparing for warmer temperatures and longer days means it is time to spring into action.



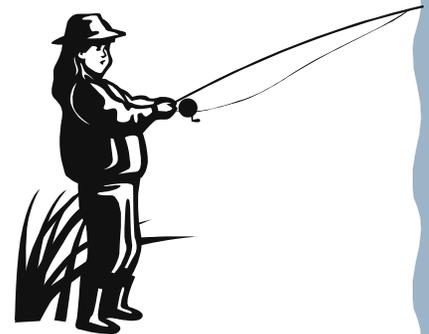
Whether you are walking, running, or biking, physical activity can help prevent a variety of chronic health conditions such as heart disease, obesity, and stroke. Adults are encouraged to get at least 150 minutes of moderate aerobic activity per week or 75 minutes of vigorous aerobic exercise and do at least two strength training exercises per week.

No matter the activity, the best exercise routine incorporates what you love to do. Consider including a variety of activities you enjoy. For example do you like to dance? If so maybe a dance class would be right for you. Do you enjoy socializing? Perhaps joining a gym or fitness group (i.e. a walking group) would be best for you. Alternating between a variety of activities is called cross-training and is a great way to prevent boredom, injury or overuse and also train different parts of your body. An exercise routine does not have to be monotonous in order to be beneficial. So start slowly, set clear goals and do not be afraid to try something new.

Information gathered from Mayo Clinic's "Fitness: Create a program that's right for you" on 21 March 2013.

## Word Search

X P I B W D B T B E D Z K N E  
 K S Y I G E O C A C H I N G E  
 Y E M K E R O L P X E E O J B  
 N G C E D P R S L O D L L Q S  
 B N N R D V P V L R F C A C I  
 L X M I N Y L L A D Z O T S R  
 U T T D H J C G A E H C I T F  
 X N A E A S F J H Y A A G O X  
 X P N H Y B I V R N C C X R G  
 L G U P N S M F O S E A F X T  
 H G T M G D H E C S D U T G C  
 R N J B Z F I W W G W S G C U  
 H K H I B N K I G A U T Y M H  
 Y Y W J G N E R I K L C E S I  
 P I C N I C N V L G L K W U Z



Below are a few ideas to help you spring into action. Look for these activities in the word search above.

Go for a bike ride  
 Prepare a garden  
 Go for a walk  
 Play catch

Go for a hike  
 Picnic in the park  
 Go geocaching  
 Play golf

Go canoeing  
 Explore somewhere new  
 Go fishing  
 Play frisbee

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## National Volunteer Week 4/21-4/27

As National Volunteer Week approaches I would like to recognize and express appreciation for you, the MRC volunteers of North Central Idaho. Nationally, there are nearly 1,000 MRC units with over 200,000 volunteers. You are included in that count!

Brian O'Connell said, "Volunteering creates a national character in which the community and the nation take on a spirit of compassion, comradeship, and confidence." Thank you for volunteering your time and sharing your talents with us! Our communities are more prepared and resilient because YOU volunteer. **Thank you!**



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